

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Quorn Bolognese (Meat Free Monday)	Chicken & Tomato Pasta Bake	Roast Turkey Dinner	Mild Chicken Curry	Cod in Batter
<b>VEGETARIAN / FISH MAIN DISH</b>	Cauliflower & Broccoli Bake	Bean Burger in a Bun	Vegetable Bake	Macaroni Cheese	Vegetable Cottage Pie
<b>ACCOMPANIMENTS</b> 5 A DAY	Sweetcorn & Peas Garlic Slice Salad bar	Roast Vegetables New Potatoes Salad Bar	Sliced Carrots Roast Potatoes Salad Bar	Garden Peas Naan Bread Salad Bar	Garden Peas Chips Salad Bar
<b>DESSERTS</b>	Chocolate Sponge with Custard	Fruit Muffin	Flapjack	Cocoa Crunch	Ginger & Rhubarb Biscuits
<b>FRESH FRUIT &amp; YOGHURT</b> ♥	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>ADDITIONAL OPTIONS</b>	Sandwich Selection	Selection of Sandwiches ~ Filled Baked Jacket Potato	Sandwich Selection	Selection of Sandwiches ~ Filled Baked Jacket Potato	Sandwich Selection



# MENU



Fuel your afternoon with  
a healthy school lunch  
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION